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FIVE LESSONS IN

PREPARATION OF FOOD

FOR

NORTH CAROLINA HOME DEMONSTRATION CLUB GIRLS

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FIRST YEAR

STATE COLLEGE OF AGRICULTURE AND ENGINEERING
U. S. DEPARTMENT OF AGRICULTURE
AND
N. C. DEPARTMENT OF AGRICULTURE, CO-OPERATING

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FOREWORD

Food work for North Carolina Home Demonstration club girls comprised in twenty lessons, and covers a period of four years. T pamphlet contains five lessons in food preparation for first-year c girls. Mrs. Cornelia C. Morris, Food Specialist, has arranged these embrace the nutritive value as well as the preparation of foods. T second, third, and fourth year work will appear in other pamphlets.

JANE S. MCKIMMON,
State Home Demonstration Agent

FIRST YEAR

Lesson 1: Abbreviations.
Measurements.
Food Groups.
Methods of Cooking.
Lesson 2: Milk and Eggs.
Lesson 3: Cereals.
Lesson 4: Vegetables.
Lesson 5: Biscuits.

SECOND YEAR

Lesson 1: Muffins—Corn Bread.
Lesson 2: Beverages.
Lesson 3: Custards.
Lesson 4: Sugar.
Lesson 5: Salads.

THIRD YEAR

Lesson 1: Milk Dishes.
Lesson 2: Vegetables.
Lesson 3: Chicken.

FOURTH YEAR

Lesson 1: Meats.
Lesson 2: Yeast Bread.
Lesson 3: Table Service.

IVE LESSONS IN PREPARATION OF FOOD FOR NORTH CAROLINA HOME DEMONSTRATION CLUB GIRLS

Club girls are presented with certificates in food work when they have npleted the 16 lessons in food preparation and lessons one, two, three l four in food preservation. They should understand the classifica- n of foods and the general rules for preparing them. They should be e to make out simple menus and to prepare and serve appetizing als.

LESSON 1

If we are to have success in food preparation we must read directions efully and measure ingredients accurately. A note book should be pt for reference and to assist the agent in determining grades. Time ll be saved if abbreviations are used in taking notes.
All measurements are level.

Abbreviations

T. stands for tablespoon.
t. stands for teaspoon.
c. stands for cup.
pt. stands for pint.
qt. stands for quart.
oz. stands for ounce.
lb. stands for pound.

Weights and Measures

3 t.	= 1 T.
4 T.	= 1-4 c.
2 c.	= 1 pt.
2 T. sugar	= 1 oz.
2 T. liquid	= 1 oz.
2 c. liquid	= 1 lb.
2 c. sugar	= 1 lb.
2 c. lard	= 1 lb.
3 c. meal	= 1 lb.
4 c. flour	= 1 lb.

If food is well prepared and attractively served it is more easily igested. Fried foods are hard to digest and for that reason it is best to nploy other methods of cooking, as: broiling, baking, stewing, roasting, eaming and boiling.

Broiling is cooking over live coals or over direct heat.

Baking is done in an oven. The food is entirely surrounded by dry eat.

Stewing is cooking in water below the boiling point. Very little water used.

Roasting is very much the same as baking, only a small amoun
water is sometimes added.

Steaming is cooking over steam.

Boiling is cooking in water at the boiling point, 212° F.

Since our bodies cannot grow and keep well unless we have the rig
kind of food we must find out just what food is needed and what e
different food is used for.

We divide food into classes, according to the work it does. I
builds bone we put it in one class; if it builds flesh we put it in anot
class. Other foods keep us warm and give us energy. There are fiv
these classes of foods and they are called: water, mineral matter, p
tein, fats and carbohydrates.

Water is needed to carry off waste and to keep the body in good c
dition.

Mineral matter builds bones and teeth, and we get it from such fo
as milk, fruits and vegetables.

Protein builds flesh and is supplied by milk, eggs, peas, beans, cere
lean meat and fish. Protein foods also help to keep us warm.

Fats give heat and energy and we get them from butter, fat me
oils, nuts and cream.

Carbohydrates are the sugars and starches, and we get them in bre
cereals, potatoes and sugar.

In addition to the five classes of foods there are important substan
called vitamines. Vitamines protect our bodies from disease and p
mote growth. We speak of certain foods as protective foods beca
they contain vitamines. Vitamines are found in dairy products, le
vegetables, egg yolks, cereals, and fruits.

In reviewing the classes of foods one food stands out beyond all oth
and that food is milk, for it contains water, mineral matter, prote
fats, carbohydrates and vitamines.

LESSON 2

Every child should have a quart of milk every day, for milk is t
best food for the proper growth and development of children. M
builds bone and flesh and helps to keep us warm. It gives us energy a
helps our bodies to grow.

Milk may be used as a drink or it may be made into palatable, heal
ful dishes. Even those persons who do not like the taste of milk like
when it is served in soups, sauces, custards and ice cream.

Our first lesson in the preparation of milk dishes will be the maki
of white sauce, as this is the foundation for all cream soups and crea
dishes.

White Sauce

1 c. milk	2 T. flour
1-4 t. salt	2 T. butter

Melt the butter in a saucepan, add flour and stir until smooth. Add hot milk slowly, place in double boiler and stir constantly until the mixture thickens. This amount will cover two cups of cooked vegetables, fish, or meat.

Vegetables to be served with white sauce should be cooked in boiling salted water, drained and covered with the sauce.

Asparagus, onions, potatoes, green peas, carrots, cabbage, and salisfy are good examples of vegetables to be served with white sauce. Asparagus is more attractive if it is arranged on slices of toast and then covered with the sauce.

Potatoes should be cut into cubes.

Green peas are frequently served in timbales or in cubes of bread hollowed out and toasted.

Left-over chicken or fish can be cut into small pieces and re-heated in white sauce, making a delicious supper dish.

Hard cooked eggs, oysters, sweet breads and chipped beef are suggested as good supper or luncheon dishes when combined with white sauce.

White sauce is the foundation of cream soups and purees. Cream soups depend entirely on the sauce for thickening, and more flour must be used.

Purees are partially thickened by the starch in the vegetables. The flour "binds" the mixture in purees.

Cream of Tomato Soup

1 can tomatoes	1-4 c. butter
1 qt. milk	1 T. salt
1-3 c. flour	1-4 t. soda
	1-8 t. cayenne pepper

Cook tomatoes in covered saucepan until soft. Press through a colander and add soda to neutralize the acid. Make a white sauce of the flour, butter, milk, and seasonings, and place on back of range in double boiler. When ready to serve add the hot tomato juice slowly to the white sauce, stirring constantly. Serve at once as the soup will curdle if it is re-heated.

Potato Puree

1 c. cooked, mashed potatoes	1 T. butter
1 qt. milk	2 t. salt
1 T. flour	1 T. chopped onion
	1-8 t. pepper

Heat the milk in a double boiler with the onion. Add one-half of the milk to the mashed potatoes, beat thoroughly and re-heat in double boiler. Make a white sauce of the remainder of the milk and the other

ingredients and combine with the potato mixture. Cook in double boi
for ten minutes. Strain and serve with bits of parsley.

Note the difference in the amount of flour used in the tomato soup a
in the puree. The potatoes in the puree furnish a large amount
starch, so very little flour is needed for thickening.

EGGS are more easily digested if they are cooked below the boili
point, as boiling toughens the albumin. There are numerous ways
cooking eggs that are healthful and wholesome. Frying is the poor
method of preparing them as the high temperature renders them tou
and indigestible.

Soft Cooked Eggs

Have a saucepan nearly full of boiling water. Add eggs carefully a
remove pan to back of stove, where water cannot boil. For very s
eggs let stand 5 minutes; medium, 8 to 10 minutes.

Hard Cooked Eggs

Follow above directions, allowing eggs to stand 30 minutes, bei
careful to keep water just below the boiling point. The shells are mo
easily removed if eggs are plunged into cold water after they are tak
from the fire.

Scrambled Eggs

4 eggs	1-8 t. pepper
1 t. salt	1-2 c. milk
	1 T. butter

Beat eggs, add milk and seasonings. Pour into hot pan in which t
butter has been melted. Stir constantly until the mixture is of the rig
consistency. In serving scrambled eggs, several slices of crisp breakfa
bacon will make the dish more appetizing.

LESSON 3

Cereals give us heat and energy and are valuable foods. On accou
of the starch which they contain a high temperature is required in ord
that they may be easily digested. Cereals should never be cooked le
than two hours, and longer cooking improves them. The fireless cook
solves the problem for breakfast, as the cereal can be put into it t
night before and is easily re-heated next morning.

Oatmeal in Fireless Cooker

6 c. water	2 t.	2 c. oatmeal

Add oatmeal gradually to boiling salted water, cook rapidly for
minutes, stirring constantly. Place in fireless cooker overnight. R
heat by placing cooker in a pan of hot water over the fire.

Rice

Add 1 c. rice to 6 c. boiling water to which has been added 2 t. sa
Cook until tender. Pour into colander and drain thoroughly. Place
warm oven to allow moisture to escape.

Hominy

1 c. grits 2 t. salt 4 c. water

Wash grits and add slowly to boiling, salted water. Cook 10 minutes, nen place in double boiler and cook 2 hours. Stir to prevent lumping.

LESSON 4

Vegetables furnish valuable mineral salts and are good body regulat- ng foods. Green leafy vegetables should be used in the diet every day, oth cooked and raw. Raw cabbage made into cole slaw is a good vege- able to be served when lettuce, celery, and tomatoes are hard to obtain. Salad vegetables will be taken up in second year cooking, Lesson 5.)

In selecting vegetables to cook see that they are young, tender and resh. Wash them in cold water and if they are wilted let them stand n water until freshened. Cook in boiling salted water, using one easpoon salt to each quart of water.

Potatoes are valued chiefly for the starch which they contain, but are oo bulky to give sufficient nourishment unless served with some protein ood.

Boiled Potatoes

Wash, scrub, and pare potatoes and put in cold water. Drop in boil- ng salted water and cook until tender (about 30 minutes). Drain off very drop of water and put uncovered vessel on back of stove, shaking ently to make them as mealy as possible and allow steam to escape.

Mashed Potatoes

Mash potatoes in the kettle in which they were boiled, using a wire asher. To 1 pint of potatoes add 1 tablespoonful butter, one-half tea- oonful salt, a little pepper, and hot milk to moisten. Beat until creamy nd free from lumps. Pile lightly in a hot dish and serve.

French Fried Potatoes

Wash and pare potatoes, cut in eighths lengthwise and soak one hour n cold water. Take from water, dry between towels and fry in deep fat. Drain on brown paper and sprinkle with salt.

Care must be taken that fat is not too hot, as potatoes must be cooked s well as browned.

Cabbage

Cut into quarters and let stand for half an hour in cold water to hich a tablespoonful of vinegar has been added. This will draw out any nsects that may be hidden in the leaves. Remove cabbage from water, nse and cut into slices. Cook in boiling salted water in an uncovered essel until tender, drain in a colander. Put into a chopping bowl, add easonings of butter, salt, and pepper and cut in small pieces. It may be

served with a white sauce or scalloped (using cracker crumbs and b ter) and baked. If fat salt pork is desired, cook with the cabbage.

Beets

Select small tender beets. Wash carefully. Do not break skin roots. Cook until tender in boiling salted water. Drain and cover w cold water and rub off the skin. Serve with butter, salt, and pepp Vinegar may be added if desired.

LESSON 5

It is not hard to make light, flaky, digestible biscuit if good ingre ents are used and the work is done deftly and quickly. The dou should be handled as little as possible and the biscuit should be cool immediately in a hot oven.

Baking Powder Biscuits

2 c. flour
4 t. baking powder
1 t. salt
3-4 c. milk
2 T. lard

Mix dry ingredients and sift twice; work in lard with tips of f gers; add gradually the liquid, mixing with knife or spoon to a s dough. Place on floured board, pat and roll lightly to one-half inch thickness; cut out and bake in hot oven.

Buttermilk Biscuits

2 c. flour
1 t. salt
1-2 to 2-3 c. buttermilk
1-4 t. soda
3 T. shortening
1 t. baking powder

Mix as in Baking Powder Biscuit.